

Berries and Cream Breakfast Cake

Make mornings feel a bit more special with this 100% whole grain, protein rich Berries and Cream Breakfast Cake. It's pretty enough to be called a cake, but healthy enough to call it breakfast!

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Berry Compote

Best made the day before and used cold. Recipe makes more than needed for this cake.

Ingredients:

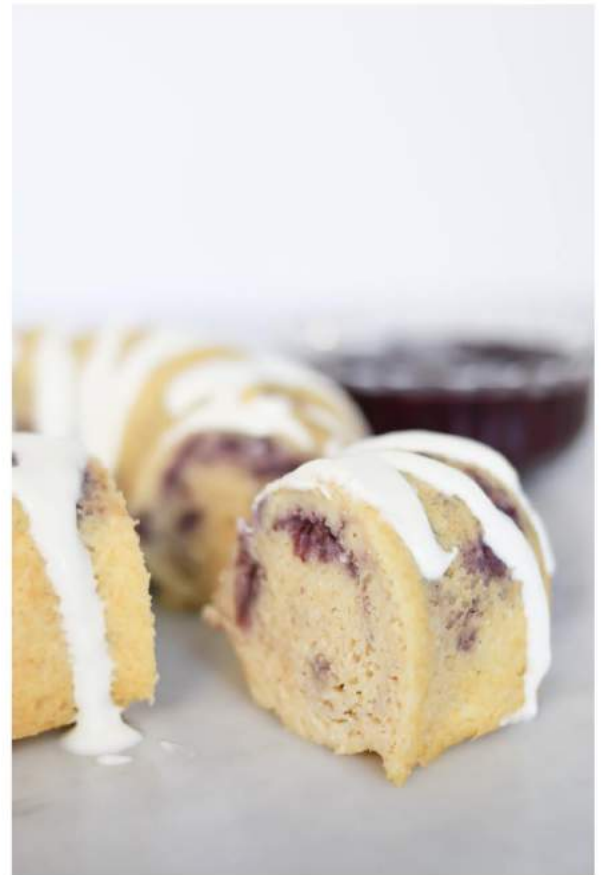
- 2 cups blueberries
- 1 cup sliced strawberries
- zest of 1 lemon
- 1/3 cup pure maple syrup or honey
- 1 tablespoon water
- 1 tablespoon cornstarch

Directions:

Prepare the Berry Compote beforehand so it is cold and thick. If used warm, it has a tendency to sink to the bottom of the pan. Add blueberries, strawberries, lemon zest, and maple syrup to the pressure cooker pot and stir to combine. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 3 minutes.

When cooking is complete, use a natural release for 10 minutes and then release any remaining pressure.

In a small bowl, whisk together cornstarch and water. Select sauté and bring compote to a light boil. While whisking, pour in cornstarch mixture and whisk constantly until compote thickens. Store sealed in a container in the fridge.



Prep: 10 minutes
Pressure: 25 minutes
Total: 45 minutes
Pressure Level: High
Release: 10 minute natural release
Serves: 4-6

Sweet Yogurt Glaze

Ingredients:

- 1/4 cup yogurt
- 1/2 teaspoon vanilla extract
- 1 teaspoon milk
- 1-2 tablespoons powdered sugar

Directions:

To make the Sweet Yogurt Glaze, whisk together the yogurt, vanilla, milk, and powdered sugar; set aside.

Berries and Cream Breakfast Cake

Ingredients:

- 5 eggs
- ¼ cup sugar
- 2 tablespoons butter, melted
- ¾ cup ricotta cheese
- ¾ cup plain or vanilla yogurt
- 2 teaspoons vanilla extract
- 1 cup whole wheat pastry flour or white whole wheat flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- ½ cup Berry Compote
- Sweet Yogurt Glaze

Tip: To make removal of the pan easier, create a tinfoil sling by folding a piece of tinfoil into thirds. The foil must be long enough to fit around the base of the bundt pan. The bundt pan will sit on top of the tinfoil with a piece of foil coming up on both sides. Fold the side pieces down, so as not to interfere with the lid. When cake is done, grab the sides of the foil and lift pan from the pot.

Directions:

For the Breakfast Cake, generously grease a 6 cup bundt pan with nonstick cooking spray.

Beat together the eggs and sugar until smooth. Add the butter, ricotta cheese, yogurt, and vanilla and mix until smooth.

In a separate bowl, whisk together the flour, salt, and baking powder. Combine with the egg mixture. Pour into the prepared bundt pan.

Using ½ cup of Berry Compote, drop by tablespoons on top of the batter and swirl in with a knife.

Add 1 cup of water to the pressure cooker pot and place a trivet inside. Carefully place the bundt pan on the trivet.

Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 25 minutes.

When pressure cooking is complete, use a natural release for 10 minutes and then release any remaining pressure.

Remove pan from pressure cooker. Let cool slightly. Loosen the sides of the cake from the pan and gently turn over onto a plate.

Drizzle with Sweet Yogurt Glaze and serve warm.